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IN THE SPECIFICATION

Please amend the specification as follows:

On Page 7, please replace the first paragraph with the following and add the new paragraphs found below:

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In preferred embodiments, panels are joined in any ~~appropriate manner~~ of the following example manners. Some of the ways for joining panels of the invention are: use of appropriately sized nuts and bolts, capping, ramlock, adjustable grommet, and ramlock tube. Referring now to FIG. 3a, for a particular construction project, panels might be joined by capping the half-ribs with fabricated rib caps 314 at, in the preferred embodiment, regular intervals 320 along the joint 316 of the two panels. In this case, the left half-rib 312 that represents the edge of the left panel 322 is abutted against the right half-rib 310 that represents the edge of the right panel 324 and the two halves which form a flush, complete rib are capped 314 to hold the panels together. The caps 314 can be constructed of any material commonly used for such a function and known in the art. It is also important to note that caps 314, rather than being small individual caps could well be and would preferably be caps 314 that would extend for the length of the ribs being joined. I.e. it is not critical that caps 314 be short sections, they could well be one long section which caps the joined ribs from the top of the panel to the bottom of the panel.

As used in Applicant's invention, a ramlock device 336 consists of two interacting components, a coupling or nut component and a thread component. They are not separately shown in the Figures, but rather are shown in a joined state, connecting adjacent panels. The thread component has male threads on a thread end which threads match female threads on the coupling or nut component. A ramlock may be inserted a chosen positions or intervals, as

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shown in Figure 3b through the foam core essentially perpendicular to the long axis of the ribs. Each panel will have one coupling component and one thread component therethrough with the coupling components located along one edge of the panel and the thread component located along the opposite edge. When joined, panels are aligned such that a row of coupling components on one panel faces a row of threaded components on an adjacent panel. Force is then applied to push the panels together such that the thread components of one panel enter and engage the coupling components of the adjacent panel, thereby locking the panels together.

Ramlock tubes 388 are simply a variation in which a continuous tube is inserted through the foam core to connect adjacent panels and is secured at the end of the finished building panel.

As used in Applicant's invention, the term grommet can also be termed cam-lock, as shown in Figure 3c in which a coupling component and a cam component are inserted through the foam core of a panel, and a cooperating cam component on one panel engages with a cooperating coupling component in an adjacent panel, wherein a hook portion of the cam component engages with a latch portion such that once engaged and rotated such that the hook portion engages latch portion, they can not be pulled apart linearly.

A more detailed explanation of the ramlock and rotatable grommet connection devices can be found in Applicant's US Patent No. 5,471,804, starting at Column 18, which is incorporated herein by reference in its entirety.